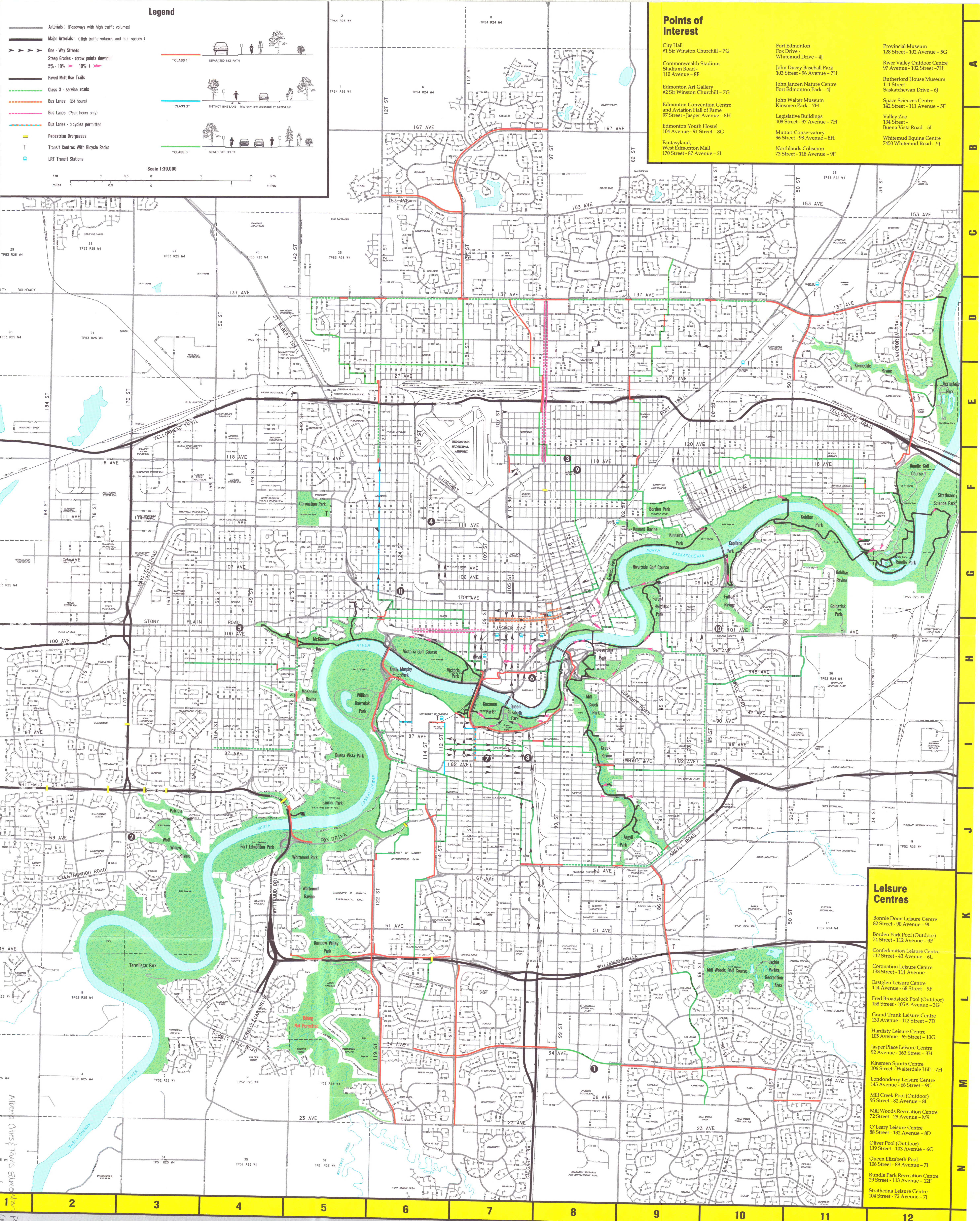




Points of Interest

- | | | |
|---|---|--|
| City Hall
#1 Sir Winston Churchill - 7G | Fort Edmonton
Fox Drive -
Whitemud Drive - 4J | Provincial Museum
128 Street - 102 Avenue - 5G |
| Commonwealth Stadium
Stadium Road -
110 Avenue - 8F | John Ducey Baseball Park
103 Street - 96 Avenue - 7H | River Valley Outdoor Centre
97 Avenue - 102 Street - 7H |
| Edmonton Art Gallery
#2 Sir Winston Churchill - 7G | John Janzen Nature Centre
Fort Edmonton Park - 4J | Rutherford House Museum
111 Street -
Saskatchewan Drive - 6J |
| Edmonton Convention Centre
and Aviation Hall of Fame
97 Street - Jasper Avenue - 8H | John Walter Museum
Kinsmen Park - 7H | Space Sciences Centre
142 Street - 111 Avenue - 5F |
| Edmonton Youth Hostel
104 Avenue - 91 Street - 8G | Legislative Buildings
108 Street - 97 Avenue - 7H | Valley Zoo
134 Street -
Buena Vista Road - 5I |
| Fantasyland
West Edmonton Mall
170 Street - 87 Avenue - 2I | Muttart Conservatory
96 Street - 98 Avenue - 8H | Whitemud Equine Centre
7450 Whitemud Road - 5J |
| | Northlands Coliseum
73 Street - 118 Avenue - 9F | |

Leisure Centres

- | | | | | | | | | | | | | | | |
|---|---|---|--|--|--|--|--|--|--|--|--|--|---|--|
| Bonnie Doon Leisure Centre
82 Street - 90 Avenue - 9I | Confederation Leisure Centre
112 Street - 43 Avenue - 6L | Eastglen Leisure Centre
114 Avenue - 68 Street - 9F | Grand Trunk Leisure Centre
130 Avenue - 112 Street - 7D | Hardisty Leisure Centre
105 Avenue - 65 Street - 10G | Jasper Place Leisure Centre
92 Avenue - 163 Street - 3H | Kinsmen Sports Centre
106 Street - Walderdale Hill - 7H | Londonderry Leisure Centre
145 Avenue - 66 Street - 9C | Mill Creek Pool (Outdoor)
95 Street - 82 Avenue - 8I | Mill Woods Recreation Centre
72 Street - 28 Avenue - M9 | O'Leary Leisure Centre
88 Street - 132 Avenue - 8D | Oliver Pool (Outdoor)
119 Street - 103 Avenue - 6G | Queen Elizabeth Pool
106 Street - 89 Avenue - 7I | Rundle Park Recreation Centre
29 Street - 113 Avenue - 12F | Strathcona Leisure Centre
104 Street - 72 Avenue - 7J |
| Borden Park Pool (Outdoor)
74 Street - 112 Avenue - 9F | Coronation Leisure Centre
138 Street - 111 Avenue | Fred Broadstock Pool (Outdoor)
158 Street - 105A Avenue - 3G | Jackie Parker Recreation Area
Mill Woods Golf Course | Jasper Place Leisure Centre
92 Avenue - 163 Street - 3H | Mill Woods Golf Course | Mill Woods Recreation Centre
72 Street - 28 Avenue - M9 | Mill Woods Recreation Centre
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COAST BICYCLE 463-9371 #125, 9303 - 34 Ave Edmonton, AB T6E 5W8	GEORGE'S 9340-118 Ave 474-2421 the BEST selection and the BEST prices	REVOLUTION CYCLE 15109 STONY PLAIN RD. 2 Blocks west of McKinnon Ravine Bike Trails SALES SERVICE REPAIRS 486-3634	Two Wheel Resource 10752-82 Ave 433-7390 Edmonton's exclusive southside TREK dealer! products, knowledge and service for the discriminating cyclist	VELO CITY CYCLE bikes • clothing • equipment • advice • 466-8133 7208 - 101 avenue edmonton	different strokes cycle and sports 487-4663 6807 - 170 St. (Wolf Willow Place)	HighCountrySports LTD. 11848 - 111 Avenue, Edmonton 454-9513 Fax 454-6417 TOURING • RECREATIONAL • CUSTOM	RIVER VALLEY OUTDOOR CENTRE YOUR HEADQUARTERS FOR FUN AND ADVENTURE! 496-7275 Edmonton	YOUR SOURCE FOR BICYCLES, ACCESSORIES, SERVICE, AND SAFETY! UNITED CYCLE 10344 - 82 AVENUE PHONE: 433-1181 MAP LOCATION 8 Alberta cycle 9131 - 118 AVENUE PHONE: 477-3525 MAP LOCATION 9	WESTERN CYCLE 10429 - 124 STREET (Corner of Stony Plain Road & 124 Street) 482-5636 FOR MOUNTAIN BIKES SEE WESTERN CYCLE SALES • SERVICE • PARTS
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SHARE THE TRAILS — CODE OF CONDUCT



GENERAL Keep Right

All users must keep right except when passing or turning left. Move off trail to right when stopping.



Stay Alert

Control speed based on activity, ability, terrain, visibility and traffic. Use caution in blind corners, poor weather conditions, and on unfamiliar trails.



Be Visible

Ensure your visibility during daytime and nighttime use.



Preserve

Avoid fragile surfaces and vegetation and always try to preserve the environment for future users. Try not to disturb wildlife or habitat.



Yield

Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Move off to the side of trail for less mobile users.



Share the Responsibility

The inter-linking system of multi-use trails in the River Valley provides opportunities for all. Help each other, observe proper trail etiquette, lead by example. Remember, others will be judged by your actions.



Earphone Dangers

Earphones are dangerous to both you and other trail users.



Trail Impact

Avoid other user trail lines. For example avoid walking on all trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.



Orderly Fashion

Groups of users should not span more than half of the trail width so others may pass.



Control Your Pet

Keep animals leashed in areas requiring leashes. Please restrain animals near other users and wildlife on trails.



CYCLISTS

Be Courteous — Signal Others
Make contact with others pleasantly, no matter how brief. Always make the first move to avoid conflicts. Inform others of what you are doing.



Ride Appropriately

If your speed or style endangers other users check for alternative routes better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned. Use caution on hills, under/over bridges, and especially when pathways are busy.



Observe

Monitor and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.



Be Aware

Check ahead and behind, left and right, before crossing or merging with trails. Move completely off pathways when stopping to no conflicts occur.



IN LINE SKATERS

Note: It is illegal to skate on city streets or sidewalks. Control. Always skate under control. Do not endanger others. Keep poles close to body when passing.



Wear The Gear

Including helmet, knee pads, elbow pads, and wrist guards.



Stay Clear

Stay away from water, oil, uneven surfaces, or debris on the trail.



Caution

Follow trail travel, passing and speed guidelines as per cyclists. Be aware of proper skating and braking techniques before going on trails.



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Follow trail travel, passing and speed guidelines as per cyclists. Be aware of proper skating and braking techniques before going on trails.

HOW TO RIDE IN TRAFFIC



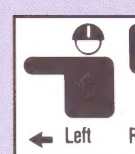
ObeY Traffic Signs and Signals

In order to be taken seriously, cyclists must obey the rules of the road.



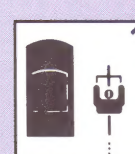
Never Ride Against Traffic

This is illegal and motorists aren't looking for cyclists on the wrong side of the road.



Use Hand Signals

Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-of-way situations, an outstretched right arm is more visible to those behind you.



Ride in a Straight Line

Whenever possible, ride in a straight line, to the right of traffic but at least a car door's width away from parked cars.



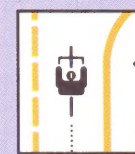
Don't Weave Between Parked Cars

Motorists may not see you when you try to move back into traffic.



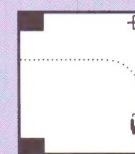
Ride in Middle of Narrow Lane or When Traffic is Slow

The Highway Traffic Act Section 146(2) indicates a cyclist should ride as near as practicable to the right hand curb or edge of roadway. In narrow lanes or slow traffic it may be practicable to ride in the middle of the lane to be more visible.



Follow Lane Markings

Don't turn left from the right lane. Don't go straight through in a lane marked right-turn-only.



Chose Best Way to Turn Left

There are 2 ways to make a left turn: 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across.



Don't Pass on the Right

This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.



Use Caution on Shared-Use Facilities

Where permitted by signs to use a sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.



Make Eye Contact with Drivers

Assume they don't see you until you are sure they do. Watch for cars pulling out.



Scan the Road Behind

Learn to look back over your shoulder without losing your balance or swerving left.



Avoid Road Hazards

Watch out for parallel-street sewer grates, city pavements, slippery manhole covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.



Keep Both Hands Ready to Brake

You may not stop in time if you brake with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.



Watch for Chasing Dogs

Ignore them, or try a firm, loud 'No!'. If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with a dog, or with a vehicle while trying to avoid the dog.



Keep Bike in Good Repair

Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.



Use Lights at Night

Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and light coloured clothes with reflective tape for extra visibility.



Use a Flag on Trailers

Trailers may be difficult for motorists to see. Use a red flag on the trailer or ride high to alert motorists to your presence.



Warn others of your Approach

Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you.



Dress Appropriately

In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and crushable foam lining.



Use Pack or Rack

Saddlebags, racks, baskets, small backpacks all are good ways to carry packages, freeing your hands for safe riding.



Never Wear Headphones when Riding

Being able to hear approaching traffic is an essential part of safe riding — listen up!



Lock Bike when You're Gone

Lock up a bike rack or other immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Bicycle Commuters.

BLUFONES — EMERGENCIES

Emergency telephones have been installed in various locations throughout the east end of River Valley Parks. These special Blufones provide the public with a direct access to the emergency 911 system. Only calls for emergency services (Fire, Police, Ambulance, etc.) can be accepted.

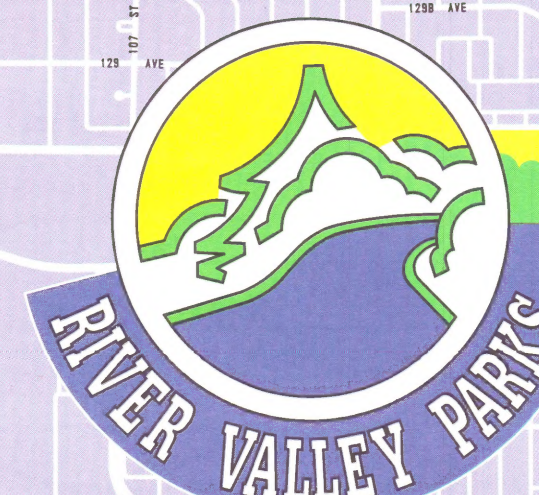
CONCERNS AND COMPLAINTS

To report any potential hazards on the trails that our Parks Maintenance crew can solve call Trail Report Hot Line (24 hour line) 496-2959

This might include flooding, river bank instability, trees and branches obstructing trails, accumulation of garbage, etc.

D — Drinking water fountains

W — Washrooms



LEISURE LOOPS

496-7275

CAPILANO LOOP — 5.5 KM

DAWSON LOOP — 6.5 KM

CENTRE LOOP — 7.5 KM

VICTORIA-HAWRELAK LOOP — 5.5 KM

MILLCREEK LOOP — 10.0 KM

QUEEN ELIZABETH LOOP — 4.0 KM

THE PARK TRAIL DISTANCE CHART

This chart provides approximate distances in kilometres between the main parks throughout the River Valley Park System. These distances should be used as a guide when planning cycling routes in the river valley.

To use the Park Distance Chart, first select your starting location from the top of the chart. Next, locate your destination from the left side of the chart. The intersecting point gives the one way distance in kilometres between two locations.

	McKinnon Ravine	Kinnard Park	Capilano Park	Gold Bar Park	Rundle Park	Stracona Science Park
McKinnon Ravine	—	5	9	14	10	15
Kinnard Park	5	—	4	9	5	10
Capilano Park	9	4	—	5	2	7
Gold Bar Park	14	9	5	—	7	12
Rundle Park	10	5	2	7	—	5
Stracona Science Park	15	10	7	12	5	—
McKinnon Ravine	17	12	9	14	7	2
Kinnard Park	19	14	10	15	7	3
Capilano Park	21	16	12	17	9	5
Gold Bar Park	21	16	12	17	9	5
Rundle Park	21	16	12	17	9	5
Stracona Science Park	21	16	12	17	9	5

IT'S THE LAW

OBEY TRAFFIC SIGNS AND SIGNALS

As a vehicle you must obey all rules of the road. Cyclists have the same privileges and responsibilities as other vehicles.

SIGNS

Cyclists must be aware of and obey all signs on trails, especially those trails which are posted "Closed to bicyclists." These closures are for the safety of the cyclist and other park users, or for the protection of wildlife and the environment.

ONE PERSON PER BIKE

Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

RIDE IN SINGLE FILE

Cyclists must ride single file, except when passing another vehicle.

EQUIP YOUR BIKE WISELY

The law states that bicycles must be equipped with adequate brakes and a warning device (horn, bell or gong).

KEEP YOUR BIKE IN GOOD REPAIR

Ensure your bike has functioning brakes, steering and gears. Adjust your bike to fit you properly. Remember, if a Police Officer feels a bicycle is unsafe he or she can have it removed from the road or trail until repairs are completed.

RING THAT BELL

Warn pedestrians of your approach. Pedestrians always have the right of way.

USE LIGHTS AT NIGHT

If you are going to operate a bicycle after dark it must be equipped with a headlight in the front and a red tail light and red rear reflector.

WEAR AN APPROVED CYCLING HELMET

Approved cycling helmets meeting ANSI, Snell and/or CSA standards are widely available. Head injuries result in over 75% of cyclist fatalities.

Helmets Save Lives.

BICYCLE LEGISLATION

HIGHWAY TRAFFIC ACT, SECTION 144, SUBSECTION (1):

A person operating a bicycle on a street has all the rights and is subject to all the duties that a driver of a motor vehicle has.

CITY OF EDMONTON TRAFFIC BYLAW #5390

Cyclists are not allowed to ride their bicycle on City sidewalks unless so designated.

Where riding on a sidewalk or in a crosswalk, a cyclist must:

- Yield right-of-way to pedestrians
- When passing a pedestrian, use the care and control required to ensure the safety of the pedestrian.
- Give an audible signal before overtaking a pedestrian, which signal will be produced a reasonable time prior to overtaking, by voice, bell or other warning device which is audible to the pedestrian.
- Yield the right-of-way to any vehicle on a street which crosses a Class 1 bikeway.

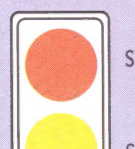
CITY OF EDMONTON PARKS AND RECREATION BYLAW #2202

- Every trail user shall yield the right-of-way to slower moving users.
- When a user wants to pass a slower moving user on a trail, the user shall use the care and control required to ensure the safety of the slower moving user.
- Every trail user shall give an audible signal before overtaking another user, which signal shall be produced a reasonable time prior to overtaking, by voice, bell or other warning device, which is audible to the other user.

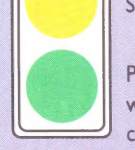
UNIVERSITY OF ALBERTA CAMPUS

The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at 492-5252 for more information.

TRAFFIC SIGNS



Obey all traffic lights.



STOP



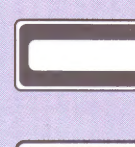
Proceed with caution



Stop and put one foot on the ground at all STOP signs.



Give way to approaching traffic.



Proceed in this direction only, NEVER RIDE AGAINST THE TRAFFIC.



Do not enter.



Do not turn. It is illegal to do so.



Do not turn. It is illegal to do so.



Do not turn. It is illegal to do so.



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